



October's Gymnastics Newsletter

Gymnastic Attire

-Preschoolers: Shorts or Pants with elastic waistband and shirt w/out buttons on the stomach and no hoods.

-Rec. Gymnasts: Please wear leotards or shorts with long/fitted shirts. No pants with zippers. Absolutely NO Levis. Boys, please wear shirts long enough to tuck in.

-Team Gymnasts: must wear leotards. Shorts and shirts are not acceptable attire. Leotard shorts are acceptable.

Dates to Remember!

October 16 Pass-Off Night
October 20 November's Tuition due
October 12-16 Classes WILL be held during Fall Break.
October 25-26 No Gymnastics due to the Legacy Halloween Party.
Nov. 22-24 Thanksgiving Break –No gymnastics

Pass-Off Night!

Tuesday, October 16th
Girls and Boys
Levels 1 & 2
@ 6:45 pm

Pass Off Info:

*Gymnasts need to spend at least 3-6 months in a level before coming to pass off night. 6- 12 is common.
*Pass Off nights are held the 2nd or 3rd week of each month. Starting in January, they will be held on Fridays.
*Skipping levels or moving too quickly through them is VERY detrimental to the gymnast.

*Come visit our
Trick or Treat Gymnastic Booth
located upstairs during the
Halloween Party on Friday,
October 26th from 5:00 -8:00 pm.*

*November's tuition is due October 20th.

Tuition in the Blue Envelopes may be turned into the front desk by the due date. After the 20th, tuition needs to be turned into the registration office. Registration will need to check for availability.

We are in need of Trade

*If you are interested in doing trade (setting up and tearing down equipment) for your gymnast's tuition, please contact
Melanie at 801-766-9680.*

Spectators:

We greatly encourage family and friends to watch their gymnast during class time. For everyone's safety, please sit in the above mezzanine area and closely supervise any children not participating in class.

Did you know? The more a child tumbles, climbs, creeps and crawls, the more densely wired the brain becomes for the academic success. Movement is the architect of a child's brain. The two hemispheres of the brain are designed to constantly communicate with one another. The left side of the brain controls the right side of the body and vice versa. Bilateral activities, common to all gymnastics programs, require both sides of the body to work together and separately. Coordinated movements patterns create efficiency in the brain.

